



WARNER WEEKLY

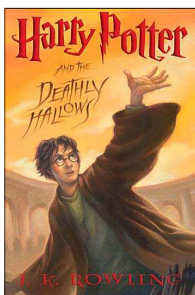
News & Information at Your Fingertips

www.bamberg.army.mil / Fri. July 13, 2007 / VOL. 2, Issue 27

Community Announcements

Hear our Soldiers on AFN radio

Soldiers in the 173d Airborne Brigade Combat Team in Afghanistan will be calling into AFN every Monday during the 7 a.m. hour to tell their stories. Calls from the 1-91 CAV, 4-319 AFAR, 173d STB and the 173d BSB Soldiers will be aired on AFN Franconia, AM station 1143 in Bamberg.



Harry Potter Book Release Event

The Bamberg Main Exchange will host a Harry Potter book release party on Fri. July 20 starting at 11 p.m. The event will feature trivia, face painting and a Harry Potter look-a-like contest. The best dressed Harry Potter will win a bike! Customers can begin purchasing the new book "Harry Potter and the Deathly Hallows" starting at one minute after midnight. Hop on the Hogwarts Express and don't miss this event.

Get to know Bamberg. Attend the next P.E.P. class.

Are you new to USAG Bamberg? If this is your first tour overseas, then PEP is a "must"! Get to know the garrison and the town of Bamberg by touring the city with the ACS PEP program. Learn how to use the public transportation system, how to shop and visit the Bamberg Klinikum. Free childcare is provided (space is limited). PEP is free and takes place Mon. July 16 to Fri. July 20, 8:30 a.m. to 2:30 p.m. Call Bamberg ACS at CIV:0951-300-7777 for details.

Where to put the kids?

Know the law and protect your children by using the proper safety seat when they ride in the car.

Airbags: Airbags can be dangerous for children as they are designed to protect adults. When inflating they hit with such power that a child can be struck dead or suffocated. If a child must ride in the front seat with a passenger-side air bag, put the child in a front-facing child safety seat, a booster seat, or a correct fitting lap/shoulder belt and move the seat as far back as possible.

Belts: If kids are not buckled up or sit in an unfitting seat, they are in mortal peril. It is not enough to hold the child in your arms or on your lap since no adult has the strength to hold against the forces that exist when breaking hard.

Seats: A proper car seat can save your child's life. When buying one, take the time to choose carefully. A proper car seat for children must be tested by the European Test Norm ECE 44 which is shown by an orange ECE label on the seat. The label also shows what weight category the seat is for. Check out the detailed "Child Seat Use Information" in the July 6 Warner Weekly.



Photo by James Fredrick

Patriotic posies! Teri Samarin won the June Yard of the Month contest along with Yoconda Joel who won for best balcony. Sign-up for the July contest by calling the Housing Zone Coordinator at DSN:469-7946. Judging for the July winner will begin the second week of August.

Clinic to hold sports physical day July 21

On Sat. July 21, from 9 a.m. to 2:30 p.m., the Bamberg Health Clinic will be seeing patients on a first come first serve basis for any CYS sports, Scouts or middle and high school sports physicals. Be sure to bring your CYS/organizational forms already filled out with patient information and your shot records. Immunizations will be available but it is highly recommended that shot records already be up-to-date. Immunization walk-in hours are Mons. 8:30 a.m. to 3 p.m., closed from 11 a.m. to 1 p.m. If you have an appointment for a sports physical it is recommended you cancel it and be seen on July 21.

Send Warner Weekly submissions on time!

The Warner Weekly/CIC deadline for all submissions will now be 2 weeks prior to the desired publication/broadcast. This new policy for all announcements (including garrison closures and events) will be in effect starting with the Fri. Aug 3 edition.

The earlier deadline gives you more opportunities to get the word out and ultimately more exposure for your activity or event. Please mind the deadline to ensure that your request is fulfilled.

Private organizations wishing to make an announcement must be registered. Fundraising events must be pre-approved through the MWR Financial Management Division, located in Bldg. 7107. For publication/broadcast email bambergpao@eur.army.mil or call DSN:469-2000 / CIV:0951-300-2000.

Published by the USAG Bamberg Public Affairs Office. To submit an announcement call 469-2000 or e-mail bambergpao@eur.army.mil

Community Closures / Changes

Did you know?

The Bamberg alteration shop, located in Bldg. 7039 with the dry cleaners, now has 'on the spot sewing' from 11:30 a.m. to 3 p.m.

New concession shop

As of July 10 AAFES has a new Polish pottery shop in the concession mall outside the PXtra. Hours are Tue. through Fri. 10 a.m. to 6 p.m. and Sat. 10 a.m. to 4 p.m., closed Sun. and Mon.

Pizza Hut offers delivery

Starting July 15 the Bamberg Pizza Hut will have on-post deliveries available. Delivery will be from 4 to 9 p.m. with a \$2 fee and \$15 minimum order. Call CIV:0951-297-3990 to place your order.

Weekly Reminders

ETSing? Attend the next pre-separation briefing

Are you ETSing or chaptering out of the military within the next 6 months to 1 year? Then sign-up to attend a mandatory Pre-Separation Briefing the last Tuesday of every month. The next briefing will be Tue. July 31. Within 6 months of ETSing, orders are ready! The Bamberg Transition Center is located in Bldg 7029 Rm. 101. For more information contact Stephen Hatcher at DSN:469-7966.

Report Suspicious Activity

United States Army Intelligence and Security Command reminds the Warner Barracks community to report suspicious activity. Subversion and espionage remain a great threat to U.S. Forces and Civilian Personnel overseas. If you witness suspicious activity such as: threats to U.S. Forces, unsolicited mail, security violations, surveillance, anti - U.S. activities, specific questioning about units/personnel....REPORT IT! The safety and security of information, our forces and their families depend on your actions. To report suspicious activity directed at U.S. Forces, call the Bamberg Field Office, 66th Military Intelligence Group, DSN:469-8742 / 9083 or the spyline hotline at DSN:347-3479 or CIV:01655-60-3479.



Have you been to commissaries.com lately?

If you haven't been to <http://www.commissaries.com> lately, you've missed a bunch! DeCA just keeps on fine tuning the site, adding new features and expanding your favorites. See even more

Kay's Kitchen recipes than before, ask the DeCA dietician a question and get a personal answer, visit the Virtual Commissary to buy wonderful gift baskets! Even the individual store pages have been renovated. Check it out!

Interactive Customer Evaluation (ICE)

Good news or bad news, we can take it! The Interactive Customer Evaluation is available 24 hours a day 7 days a week. Go to www.bamberg.army.mil, Click on ICE and tell us how we are doing!



Photo by Renate Bohlen

German-American barbecue

Lt. Col. Gary Rosenberg, USAG Bamberg commander, welcomes some 200 German practitioners at Warner Barracks on Wed., July 11. "This is a great opportunity to thank our German practitioners for the excellent care they provide to our families and soldiers," Rosenberg said. He also commended the patient liaison officers for their outstanding work. The annual German-American barbecue was organized and hosted by the Bamberg Health Clinic.



Do your part to save energy and conserve natural resources. Check back weekly for great energy saving and recycling tips brought to you by the Bamberg Environmental Office.

Energy saving tips

- Disconnect equipment if not in use to avoid losses from stand-by mode.
- Standby may use up to 60 percent of the energy used during normal operation!
- Shut off coffee pots, radios, fans and other appliances when not needed.

Recycling tips for home and office

- Give movie or concert tickets as gifts instead of disposable goods.
- Don't buy. Rent videos and DVDs and borrow books from a library.

For more information on what you can do to save our natural resources and help reduce the effects of global warming contact the Bamberg Environmental Office at 0951-300-7730.

Customs questions? Call the Customs office.

The Bamberg Customs Office is located in Bldg. 7011 (the same building as the Military Police and Vehicle Registration) The office is open from 8 a.m. to noon and from 12:30 to 3:30 p.m. and closed on German and American holidays. You can reach the Customs Office at DSN:469-7460/9312 or CIV:0951-300-7460. Fax us at DSN:469-8665.

Continuing Education & Training

Full CPR and First Aid course Sat. July 21

The Bamberg Red Cross is offering a full CPR and First Aid course on Sat. July 21 from 8 a.m. to 5 p.m. The course fee is \$45 per student and includes all materials. Scholarships are available. Please register and pay for all health and safety classes two days prior to the class. Call the Bamberg Red Cross at DSN:469-1760 / 7785 or CIV:0951-300-1760 / 7785 for more information.

Health and Fitness

Exercise—Your Health Depends on Doing It Right

Navy and Marine Corps Magazine

A 37-year-old lieutenant collapses and dies of a heart attack after jogging .75 miles to a train station, en route to home.

Another lieutenant breaks his leg while participating in command PT (playing football).

A soldier inadvertently steps in a hole and dislocates his ankle while out for his daily PT. He subsequently loses 21 workdays.

Another soldier dies of a heart attack after an exercise class at the garrison gym. He had been on a self-imposed weight-control program.

Incidents like these are a reminder of what can happen when people try to get back into shape too quickly. Here are some tips to prevent you from making the same mistake:

- Get a medical check-up if you haven't been exercising regularly.
- Start slowly and gradually build up to a sustainable level of performance for an effective conditioning program; don't just run 1.5 miles every six months. A complete program will help you develop and improve flexibility, cardiovascular fitness, and muscular strength.
- Warm up and stretch for 10 to 15 minutes before and after each vigorous workout to prevent strains and sprains.
- Don't use alcohol prior to or during fitness training. Alcohol accelerates dehydration, reduces performance, impairs judgment, and increases willingness to take risks.
- Drink plenty of cool water to prevent dehydration. When it's hot, schedule your activity during the coolest part of the day or exercise indoors where it's air conditioned.
- Jog on established jogging paths where available. When jogging on roads, run against the traffic flow.
- Reflective clothing (during reduced-visibility conditions) is required while jogging on post.
- Follow the rules that pertain to your choice of workout. For example, if you're working with free weights, be sure you have a spotter, and follow the safety guidelines for weightlifting. It's recommended that you use collars and a weight belt.
- Remember the acronym "RICE" when an injury occurs: Rest the sprain, put Ice on it, wrap something around the injury to Compress it, and Elevate that part of the body. Seek medical attention if you experience any of these symptoms: inability to move your arm or leg, a locked joint, persistent swelling, or a grinding feeling.

Resources:

<http://www.safetycenter.navy.mil/>
<http://www.aarp.org/health/fitness/>
<http://www.nlm.nih.gov/medlineplus/>

Kids and Teens

YS Skate competition at Baumholder

The Baumholder Youth Services will be hosting a Skate competition in their brand new skate park on Sat. July 28 from 1 to 6 p.m. The competition will be judged by a panel of youth skaters. There will be food, fun, and prizes. To kick off the event, there will be a BBQ on the Bostalsee followed by a lock-in at the teen center on Fri. July 27. For more information contact Allen Knudsen or Eric Christ from Baumholder CYS at CIV:06783-6-6641 or CIV:06783-6-6937.

CYS camps + sun = summer fun!

Kids and teens can get their fill of action and adventure one week at a time at summer camp! School age services (SAS) is offering a variety of "Fun in the Summer Sun" camps for grades K-5. Contact Patrice Turner-Lapp at 0951-300-8698 for more information.

The CYS Middle School Teen Program, is offering week long camps for kids ages 6 to 12. There's something for everyone. Download a copy of the CYS Summer Camp Program 2007 at www.bamberg.army.mil and register for a week or two today! Contact 0951-300-8641 for more information.

Register for Vacation Bible School.

Bamberg Community Vacation bible school will be held August 6-10 from 9 to 11:45 a.m. at the High School Gym and Annex. Imagine finding yourself projected back to Israel in the first century. Smell the exotic foods, explore authentic traditions, dress up in biblical costumes and experience the bible.



Families can step back in time and discover that the events in the bible really did happen in Group's Holy Land Adventure "Galilee-by-the-Sea". VBS is open to children 4 years of age (by 08/01) through those entering sixth grade for SY 07/08. Registration is available online at www.bamberg.army.mil

Click on Chapel, then VBS in the upper right hand corner. Register early and be sure to not miss this exciting event. For more information contact Luke Granger at the USAG Bamberg Chapel at DSN:469-8140.



Register for Girl Scouts' Twilight Camp

The Bamberg Girl Scouts will be hosting Twilight Camp Aug. 20 to 23 from 4:30 to 8:30 p.m. The camp is open to girls of all ages and will be held at Engineer Lake. Cost is \$35 for registered Girl Scouts and \$45 for new Girl Scouts. Register now through Aug 1 by calling Patty Sahli at CIV:0951-297-3679 or CIV:0162-296-6720 or email bamberggirlscouts@gmail.com for more information.

Become a CYS certified babysitter

Class will be held July 24, 25 and 26 from 9 a.m. to 3 p.m. Open to youth ages 12 to 18. Cost is \$20. Contact Elizabeth Marriot at DSN:469-8789 or DSN:469-8035 for questions.

Published by the USAG Bamberg Public Affairs Office.
 To submit an announcement call 469-2000 or e-mail bambergpao@eur.army.mil

FFF open to youth during renovation

Due to the ongoing renovations at the JFK Gym, Child and Youth Services will be temporarily offering fitness classes for CYS registered youth at the Freedom Fitness Facility, Mon. through Fri. from 4 to 6 p.m. A youth activities schedule is posted in the OASIS Teen Center and at the FFF.

A.R.M.Y. Challenge Camps

There have been some changes to the A.R.M.Y. camps pick up schedule. The new times are as follows:

Heidelberg City Adventure

July 16 (Outbound) Pick up at Bamberg Teen Center between 8 to 8:30 a.m. (Bldg. 7669)

July 21 (Inbound) Drop off at Bamberg Teen Center between Noon to 12:15 p.m. (Bldg. 7669)

Tall Ship #1

July 21 (Outbound) Pick up at Bamberg Teen Center between 3:30 to 4 a.m. (Bldg. 7669)

July 27 (Inbound) Drop off at Bamberg Teen Center between 5 to 5:15 p.m. (Bldg. 7669)

Island Adventure

August 5 (Outbound) Pick up at Bamberg Teen Center between 9:30 to 10 p.m. (Bldg. 7669)

August 11 (Inbound) Drop off at Bamberg Teen Center between 11 to 11:15 p.m. (Bldg. 7669)

If you have any questions, don't hesitate to call Randy Lambert at DSN:469-8641.

AAFES Bamberg Movie Schedule

AAFES Reeltime Theater is
CLOSED Tues. and Wed.



Fri.	July 13	Spider-Man 3 (PG-13)	7 p.m.
Sat.	July 14	Ratatouille (G)	4 p.m.
		Spider-Man 3 (PG-13)	7 p.m.
Sun.	July 15	Ratatouille (G)	4 p.m.
		Georgia Rule (R)	7 p.m.
Mon.	July 16	Lucky You (PG-13)	7 p.m.
Thur.	July 19	Georgia Rule (R)	7 p.m.
Fri.	July 20	Transformers (PG-13)	7 p.m.
Sat.	July 21	Transformers (PG-13)	3 p.m.
		Transformers (PG-13)	7 p.m.
Sun.	July 22	Transformers (PG-13)	3 p.m.
		Transformers (R)	7 p.m.
Mon.	July 23	Transformers (PG-13)	7 p.m.
Thur.	July 26	28 Weeks Later (R)	7 p.m.
Fri.	July 27	Harry Potter and the Order of the Phoenix (PG-13)	7 p.m.
Sat.	July 28	Shrek the Third (PG)	4 p.m.
		Harry Potter and the Order of the Phoenix (PG-13)	7 p.m.
Sun.	July 29	Shrek the Third (PG)	4 p.m.
		Harry Potter and the Order of the Phoenix (PG-13)	7 p.m.
Mon.	July 30	Harry Potter and the Order	

Entertainment & Leisure

See 'Charlotte's Web' at Stable Theater

E.B. White's classic tale - now a hit movie - is brought to life on stage at the Stable Theater July 25 - 29. A humble pig saved from the butcher's axe by a clever spider, Charlotte, inspires the most famous supernatural public relations campaign in American history. Wed, Thur., Fri., and Sat. performances of Charlotte's Web are at 7:30 p.m. and the Sunday show is at 5 p.m. Tickets are \$9 for adults, \$7 for kids 3-12/ students, E4 and below; \$25 family card, \$20 family card for E5 and below. Contact Jack Austin for more information at DSN:469-8647.



Trips & Travel Opportunities

Free walking tour of Bamberg

Join a free walking tour of Bamberg on Tue. July 17 hosted by our community library. Visit the Cathedral, St. Michaels' monastery, Old City Hall and Little Venice with Bamberg librarian Andrea Wittkamp. The tour starts at 1 p.m. at the library. Bring Euros for the bus!



Fishing license certification

Going fishing? Not without a license! IMCOM-E certified instructors are offering fishing license certification courses at Bamberg Warner Barracks. For more information contact

Bambergfishing@eur.army.mil or call DSN:0951-300-9010.

Outside the Gate

German habits and customs - Part 2

Question: *We sat in a German beer garden when suddenly strangers came and sat down next to us at our table. Is that typical here?*

Answer: It is indeed a local tradition in Bavaria. When it comes to beer gardens, people are easy going and consider it a friendly gesture to allow others to have a seat at their table - when asked politely! It is part of social life to then start chatting to others and in fact, it is considered good manners to wish your neighbor at the table a "Guten Appetit" when his/her meal arrives. You won't see strangers joining your table at a posh restaurant, but it is very common at beer gardens (or beer cellar, as they are called in Franconia), the typical plain (but regional and cheap) food restaurant which in earlier times was the meeting place of peasants and merchants. Going to a beer garden is an easy way to get in touch with locals and to see beautiful surroundings as many of them are located on little hills with fabulous views.

Email bambergpao@eur.army.mil to submit a question you may have regarding German customs or traditions.

Weekend Events in and around Bamberg

Most events can be found on the Bamberg city map. To find a location, click here www.bamberg.army.mil/sites/news/map.pdf

Friday, July 13

- 6 p.m.- "Magic Bamberg" - Opening parade from Katzenberg to Maxplatz with all participating magicians and artists. See "Magic Bamberg".
- 10 p.m.
- 9 p.m. 'Charly' plays at Blues Bar

Saturday, July 14

- 11 a.m.- "Magic Bamberg" - street artists, magicians, live music all over downtown and at public open air stages at Maxplatz (next to Karstadt & town hall), Schranne, Geyerswoerth.
- midnight
- 2 p.m. 8th Impro Marathon - improv theater at University of Bamberg (*An der Universitaet 5*)
- 6 p.m. Sommer Fest of the 12 Bamberg service clubs at Castle Geyerswoerth (*next to Tourist Information*)
- 6.30 p.m. Live music from South America at Restaurant Kornblume (*Kapellenstr. 22, Wunderburg*)
- 9 p.m. Tango Argentino dance night at Haas Saele
- 10 p.m. 30 plus party (non-smoking) at Live Club
- 11 p.m. Techno party at Morph Club

Sunday, July 15

- All day Cowboy Days at Schloss Thurn for children ages 3 - 12. Kids in costume get in free.
- 11 a.m.- "Magic Bamberg" - street artists, magicians, live music all over downtown and at public open air stages at Maxplatz, Schranne, Geyerswoerth.
- 10 p.m.
- 9 p.m. Martin C. Herberg performs at Blues Bar

Thursday, July 19

- 9 p.m. Matthew James White plays at Blues Bar
- 11 p.m. Britpop and Indie music at Morph Club

All Year Events & Sites

Fun Parks:

Freizeit-Land Geiselwind

Bavaria's leading amusement park is at the edge of Steigerwald Nature Park in Geiselwind. On an area of approx. 400,000 sq.m., Freizeit-Land is a modern leisure operation with numerous rides such as the "T Rex Tower", play grounds, live shows, electronic theatres, animal shows, exhibitions and relaxation areas. Open daily from 9 a.m. to 4 p.m. Tickets 21.50 Euro for adults and kids under 1.10 meter of height free entry. *Directions:* Autobahn A3 towards Wuerzburg, exit 76. For more information check out the English website here: www.freizeitlandgeiselwind.de/

Fun Park Playmobil

Playmobil park offers several theme areas from jungle to pirates, from Wild West to gold mines, water play grounds, indoor climbing fun etc. Open daily from 9 a.m. to 7 p.m., tickets are 9 Euro, after 5 p.m. 5 Euro. *Directions:* Zirndorf (90513), Brandstaetterstr. 2-10, near Nuremberg. For more details go to www.playmobil.de (click on Fun Park).

Schloss Thurn

This nearby amusement park has rides, steam rail way, dragon boat, water slides, animals, play grounds, Western and Knight Shows etc. in Heroldsbach, Schlossplatz 4. In August it is open daily from 10 a.m. to 6 p.m., closed Sept 12 to 14, 17 to 21 and 24 to 28 and closed for the season after October 3. Tickets are 14.50 Euro for adults and kids (age 4-12) are 12.50 Euro. Contact CIV:09190-929898 for more information. *Directions:* Autobahn A 73 towards Nuremberg, exit Baiersdorf Nord towards Hausen, then Thurn and Heroldsbach. Go to www.schloss-thurn.de/ for details.

Churpfalz Park

Churpfalz Park is a mixture of beautiful gardening park with special areas like the Rosarium with 20,000 roses, and numerous fun rides like carousels, water slides, dragon train, crazy plane, wild water ride etc. Located in Loifling (93455) near Cham. *Directions:* Autobahn A3 towards Passau, exit Straubing, then B20 towards Cham, Wilting. Open daily from 9 a.m. to 6 p.m. until October 14. Tickets are 15 Euro for adults and 13 Euro for kids. More information at www.churpfalzpark.de (in German).

Special Events

"Magic Bamberg" - Big Bamberg fun event



For three days the city will be the open air stage for more than 100 street artists, jugglers and magicians all over downtown Bamberg. Also: live bands (soul, jazz, rock, pop), summer fest, bungee trampoline, airbrush tattoos, face painting and much, much more. Check out <http://www.bambergzaubert.de/>

Knights Tournament and Jesters Night



The Kaltenberg Knights' Tournament is the largest tournament of modern times. Approx. 120,000 visitors come to Kaltenberg Castle every July to step back into the Middle Ages, to see the Great Tournament, to stroll across the largest medieval market with more than 100 stands and to see an 8 hour program set on seven stages. After the tournaments there are even kids tourneys for ages 6 to 12. The host is even a real prince, Luitpold Prince of Bavaria. Check out this unique event at <http://www.ritterturnier.de/start.asp> and click on "website in English". For tickets call immediately CIV:08015-11-33-13 (English service), as events are sold out quickly.

As seen in the NEWS ...

News summaries from July 6 through July 12

Bosch to invest 208 million Euro in Nuremberg

The Nuremberg based sub-enterprise of Bosch has ensured its operation till 2013. Bosch plans to invest 180 million Euro for the establishment of a wind mill energy production site as well as 100 million Euro for upgrading the infrastructure and existing production sites. Instead of the initially planned reduction of 500 jobs, some 360 new jobs will be created.

11 nights for free

A fraudster checked in at a Bamberg Hotel for 11 days but never paid his debts, amounting to 550 Euro. He also stole the room key. Police said that he had done that trick in several other places in the vicinity, too. The man has no permanent residence and is well known to the police.

Burning gas truck blocks A9

On Thursday, a technical defect caused a 19 ton butane gas truck to catch fire on the autobahn A9 between Nuremberg and Munich. Due to the explosion risk, the highway remained blocked for several hours.

Schools in trouble

The Bamberg high school "Clavius Gymnasium" has severe shortage of space. Already, some classes are being taught in provisional containers. Now, local politicians suggested using the rooms of the nearby elementary school "Martinschule". Immediately, the Martinschule principal as well as the director of the school administration office called for alarm, stating that the Martin school itself is at maximum capacity usage. They claim that Bamberg politicians neglect the elementary school for the sake of the high school. Discussion to be continued.

Party with prayer, beer and bratwurst

More than 30,000 visitors came and celebrated the three days event "Heinrichsfest". They enjoyed open air concerts, religious services and fun. Next major Bamberg event is "Magic Bamberg" which is this weekend.

Charity march gets 12.500 Euro

50 marchers and 10 bikers successfully managed the 27th annual Charity March to Feed the Hungry at Ascension Day, bringing in a total of 12,500 Euro which will be donated to four charity projects.

21 year old man dies in crash

A 21 year old man from Bamberg county died after another car crashed into his vehicle on Saturday night near Roebersdorf. The 30 year old driver had drifted to the wrong side of the road causing a head-on collision. While he as well as the passengers of both cars only suffered minor injuries, the 21 old died in the hospital.

Sources: Information collected/translated from *Fraenkischer Tag*